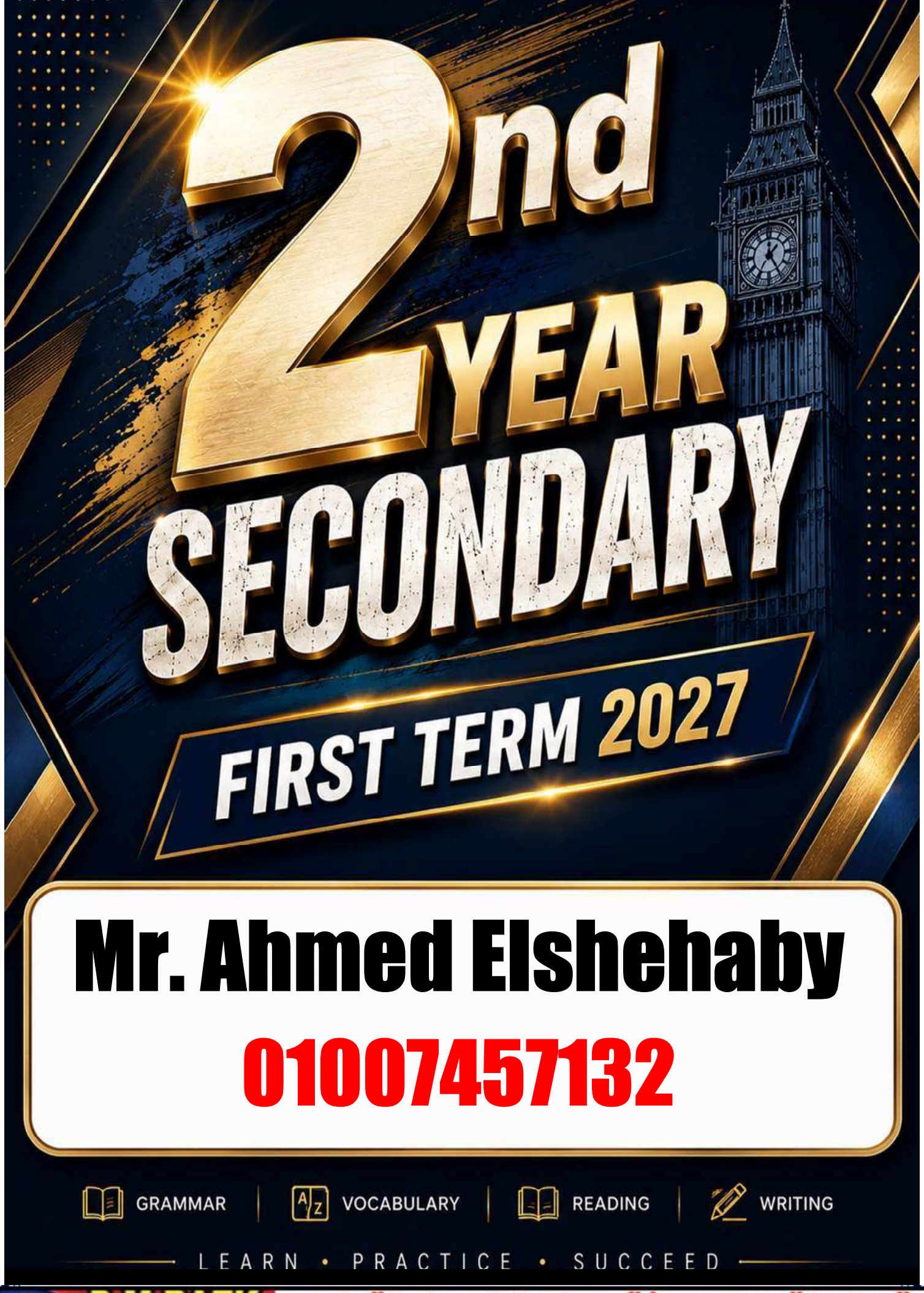

Mr. Ahmed Elshehaby

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GRAMMAR | VOCABULARY | READING | WRITING

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D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

الملفات المتاحة القصة للبكالوريا للترمين مترجمة واجابة الأسئلة المدرسية و ١٠٠ سؤال اضافى مجاب

الوحده الأولى بكالوريا ٨٠ ورقة كاملة بامتحان

ملفات المقالى للثانوية العامة

قاموس الثانوية

امتحان لكل وحده بنظام المقالى للثانوية العامة

االملف الأهم المقالى شرح وتمرينات للثانوية العامة

ملف تمرينات اختيارى كلمات وقواعد حوالى ١٠٠٠ سؤال للثانوية العامة

ملفات القواعد شرح وتمرينات لكل الصفوف

ملفات ومضة من الوحى للازهر الشريف نسخه ٢٠٢٧

شرح الثاني الثانوس للعام والازهر النظام القديم

ملفات تأسيس لكل المراحل

MR. AHMED ELHABY 01007457132

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أساسيات العمل طبقا للكتاب المدرسى

يعتمد العمل على مجموعة من الأسس الرئيسية:

1. Inquiry-Based Learning

التعلم القائم على الاستقصاء وطرح الأسئلة، بحيث يكون الطالب مشاركًا في الوصول إلى المعرفة وليس مجرد متلقٍ لها.

2. Concept-Driven Learning

بناء التعلم حول المفاهيم والأفكار الأساسية التي يمكن للطالب تطبيقها في مواقف وسياقات مختلفة.

3. JRE+ Inquiry Model

ويقوم على أربع مراحل أساسية:

J — Justification

تحديد الموقف وتقديم التبرير.

R — Reasoning

تحليل المعلومات والمقارنة والاستنتاج.

E — Evidence

دعم الأفكار والإجابات بالأدلة.

+ Reflect & Act

التأمل فيما تم تعلمه وربطه بالتطبيق العملي.

4. Critical Thinking

تنمية قدرة الطالب على:

- التحليل
- الاستنتاج
- المقارنة
- التقييم
- حل المشكلات
- اتخاذ القرار

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5. Integrated Language Skills

دمج المهارات الأربع للغة الإنجليزية:

Reading – Listening – Speaking – Writing

مع توظيف **Vocabulary & Grammar** داخل سياقات بدلاً من التعامل معها بصورة منفصلة.

6. Evidence-Based Learning

تشجيع الطالب على عدم الاكتفاء **بالإجابة**، وإنما البحث عن **الدليل الذي يثبت صحة الإجابة**.

7. Real-Life Application

ربط اللغة بالمواقف الحياتية والقضايا المعاصرة، بحيث يستطيع الطالب استخدام ما تعلمه خارج حدود الكتاب.

8. Reflection

إعطاء الطالب فرصة للتفكير فيما تعلمه، وكيف تعلمه، وكيف يمكنه تطوير أدائه.

9. National & Global Context

ربط المحتوى بالهوية المصرية والمجتمع المصري، مع تنمية وعي الطالب بالقضايا العالمية.

10. Future Skills

تنمية مهارات يحتاجها الطالب في الجامعة والعمل والمستقبل، ومنها:

Critical Thinking – Communication – Collaboration – Creativity – Problem Solving – Digital Literacy – Adaptability

الهدف النهائي:
أن يتعلم الطالب اللغة الإنجليزية باعتبارها **وسيلة للتفكير والتواصل والتحليل والتعبير والتفاعل مع العالم**، وليس مجرد مجموعة من القواعد والكلمات التي يجب حفظها.

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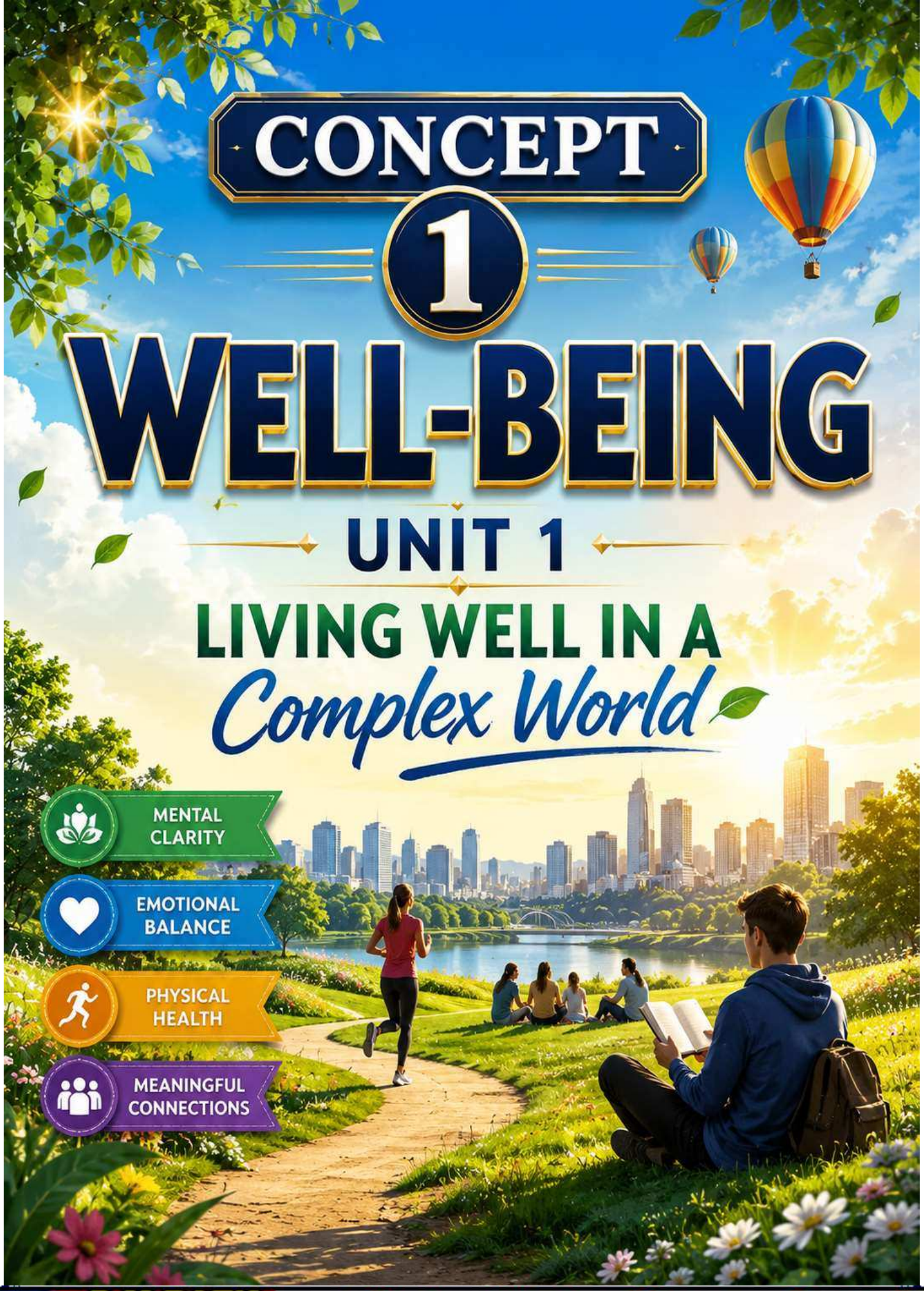

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1.1 Social Media and Self- Image

Key & Important Vocabulary

Word	Meaning	Word	Meaning	Word	Meaning
reshape	يعيد تشكيل	standard	معيار	platform	منصة
teenager	مراهق	self-image	الصورة الذاتية	curated	منتقى بعناية
constructed	مُشكَّل / مُصطنَع	biased	متحيز	neutral	محايد
selective	انتقائي	symptom	عَرَض	self-esteem	تقدير الذات
dissatisfaction	عدم الرضا	comparison	مقارنة	celebrity	شخص مشهور
acquaintance	معرفة سطحية	influencer	مؤثر	phenomenon	ظاهرة
accurate	دقيق / صحيح	convincing	مقنع	statistic	إحصائية
significant	مهم / ملحوظ	instinctively	بشكل غريزي	literacy	إلمام / معرفة
psychological	نفسي	media	وسائل الإعلام	broadcast	يبث / يذيع
rhetorical	بلاغي	intensifier	أداة تقوية / توكيد	reality	الواقع
identity	هوية	formation	تكوين / تشكيل	traditional	تقليدي
distant	بعيد	dangerous	خطير	mental	نفسي / عقلي
evidence	دليل	identify	يحدد / يتعرف على	evaluate	يقيّم
persuasive	مقنع / مؤثر	hedging	التحفظ في التعبير	absolute	مطلق
unrealistic	غير واقعي	critical	نقدي	judgment	حكم / تقييم
balanced	متوازن	objective	موضوعي	opinion	رأي
aggressive	عدواني	influence	يؤثر في	excessive	مفرط / زائد
guidelines	إرشادات	risk	خطر	warrant	يبرر / يستدعي
social	اجتماعي	content	محتوى	audience	جمهور
successful	ناجح	intense	شديد	excuses	أعذار
essential	أساسي / ضروري	regular	منتظم	maintain	يحافظ على

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Word	Meaning	Word	Meaning	Word	Meaning
suggest	يشير / يقترح	imply	يلمح / يشير ضمنيًا	affect	يؤثر في
confidence	ثقة	critical evaluation	تقييم نقدي	claim	ادعاء
justify	يبرر	evidence	دليل	judgment	حكم / تقييم

🕮 Most Important Definitions

Word	Meaning	Definition
biased	متحيز	showing a strong opinion that is not fair or neutral
neutral	محايد	not supporting one side or opinion
self-esteem	تقدير الذات	confidence in your own value or abilities
self-image	الصورة الذاتية	the way a person sees or thinks about themselves
curated	منتقى بعناية	carefully selected and presented
selective	انتقائي	choosing only certain things or parts
constructed	مُشكَّل / مُصطنَع	deliberately created or arranged
influencer	مؤثر	a person who influences others, especially online
acquaintance	معرفة سطحية	someone you know but not very well
social comparison	المقارنة الاجتماعية	comparing yourself with other people
media literacy	الثقافة الإعلامية	the ability to understand and evaluate media messages
highlight-reel effect	تأثير أبرز اللحظات	the tendency to post only the best moments online
rhetorical question	سؤال بلاغي	a question asked to make people think rather than to get an answer
intensifier	أداة تقوية	a word used to make an idea or adjective stronger
hedging	التحفظ في التعبير	language used to show uncertainty or caution
absolute words	كلمات مطلقة	words that express ideas with complete certainty

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Word	Meaning	Definition
evaluative adjective	صفة تقييمية	an adjective that expresses a judgment or opinion
persuasive	مقنع / مؤثر	able to make someone believe or accept something
critical evaluation	تقييم نقدي	careful judgment of information or an argument
unrealistic	غير واقعي	not reasonable or possible in real life
guidelines	إرشادات	rules or advice about how something should be done
evidence	دليل	information that helps prove or support an idea
objective	موضوعي	based on facts rather than personal opinions
balanced	متوازن	fair and considering different sides
excessive	مفرط	greater or more than what is reasonable or necessary

Collocations

Expression	Meaning	Expression	Meaning
social media platforms	منصات التواصل الاجتماعي	image-based platforms	منصات تعتمد على الصور
self-image	الصورة الذاتية	identity formation	تكوين الهوية
low self-esteem	انخفاض تقدير الذات	body dissatisfaction	عدم الرضا عن شكل الجسم
social comparison	المقارنة الاجتماعية	traditional media	وسائل الإعلام التقليدية
distant celebrities	مشاهير بعيدون	constructed versions	صور / نسخ مُشكَّلة
selective posting	النشر الانتقائي	perfect moments	لحظات مثالية
accurate picture	صورة دقيقة	picture of reality	صورة عن الواقع
mental health	الصحة النفسية	digital age	العصر الرقمي
media literacy	الثقافة الإعلامية	strong opinion	رأي قوي
report symptoms	يبلغ عن أعراض	critical evaluation	تقييم نقدي
biased language	لغة متحيزة	neutral language	لغة محايدة
balanced view	وجهة نظر متوازنة	personal opinion	رأي شخصي
regular exercise	ممارسة الرياضة بانتظام	maintain health	يحافظ على الصحة

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Expression	Meaning	Expression	Meaning
aggressive behavior	سلوك عدواني	social media use	استخدام وسائل التواصل
excessive use	استخدام مفرط	online information	معلومات عبر الإنترنت
negative effect	تأثير سلبي	mental health	الصحة النفسية
social risks	مخاطر اجتماعية	guidelines for teenagers	إرشادات للمراهقين
rhetorical question	سؤال بلاغي	intensifier	أداة تقوية
hedging language	لغة التحفظ	absolute words	كلمات مطلقة
evaluative adjective	صفة تقييمية	persuasive writing	كتابة إقناعية
realistic picture	صورة واقعية	unrealistic expectations	توقعات غير واقعية
critical thinking	التفكير النقدي	supporting evidence	دليل داعم
justify your position	يبرر موقفك	strong evidence	دليل قوي

⚠ Confusing Words

Word	Meaning	Confused With	Meaning
biased	متحيز	neutral	محايد
celebrity	شخص مشهور	acquaintance	معرفة سطحية
accurate	دقيق	inaccurate	غير دقيق
selective	انتقائي	complete	كامل
constructed	مُصطنَع	natural	طبيعي
distant	بعيد	close	قريب
symptom	عَرَض	disease	مرض
comparison	مقارنة	contrast	تباين / اختلاف
media	وسائل الإعلام	medium	وسيلة / وسيط
statistic	إحصائية	fact	حقيقة / معلومة
persuasive	مقنع	convincing	مقنع / مؤثر

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Word	Meaning	Confused With	Meaning
objective	موضوعي	subjective	شخصي / ذاتي
balanced	متوازن	biased	متحيز
critical	نقدي	negative	سلبي
realistic	واقعي	unrealistic	غير واقعي
influence	يؤثر في	affect	يؤثر في
imply	يلمح	suggest	يشير / يقترح
absolute	مطلق	relative	نسبي
essential	ضروري	important	مهم
aggressive	عدواني	assertive	حازم / واثق

Language Notes

Word / Expression	Meaning	Note	الملحوظة
twice as likely to	أكثر احتمالًا بمرتين أن	تستخدم للتعبير عن الاحتمال	twice as + adjective + to-infinitive
compared to	مقارنةً بـ	تستخدم للمقارنة	يأتي بعدها اسم أو ضمير
more dangerous than	أكثر خطورة من	صيغة مقارنة	more + adj. + than
highly curated	منتقى بعناية شديدة	highly لتقوية الصفة	highly + adjective
especially powerful	قوي بشكل خاص	especially للتوكيد	especially + adjective
not only … but also	ليس فقط … بل أيضًا	لربط فكرتين	not only + A + but also + B
over the past decade	خلال العقد الماضي	فترة زمنية ممتدة	over + period of time
treat … as	يتعامل مع … باعتباره	بمعنى باعتباره as	treat + object + as
may	قد	تعبر عن احتمال	hedging
might	قد / ربما	احتمال أقل تأكيدًا	hedging
could	قد / يمكن أن	احتمال أو إمكانية	hedging
always	دائمًا	تعميم مطلق	absolute word

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Word / Expression	Meaning	Note	الملحوظة
every	كل	تعميم	absolute word
never	أبدًا	تعميم مطلق	absolute word
no excuses	لا أعذار	تعبير مطلق وقوي	absolute expression
extremely	للغاية	يقوي المعنى	intensifier
significantly	بشكل ملحوظ	يقوي المعنى	intensifier
very	جدًا	يقوي الصفة	intensifier
amazing	مذهل	صفة تعبر عن حكم	evaluative adjective
toxic	سام / ضار	صفة تقييمية	evaluative adjective
unrealistic	غير واقعي	صفة تقييمية	evaluative adjective

Daily Life Expressions

Expression	Meaning	Expression	Meaning
see themselves	يرون أنفسهم	present their lives	يعرضون حياتهم
spend time on social media	يقضي وقتًا على وسائل التواصل	report symptoms of	يبلغ عن أعراض
treat something as	يتعامل مع شيء باعتباره	compared to	مقارنةً بـ
in the digital age	في العصر الرقمي	protect mental health	يحمي الصحة النفسية
shape the way people see themselves	يشكل طريقة رؤية الناس لأنفسهم	share information	يشارك المعلومات
express opinions	يعبر عن الآراء	think critically	يفكر بشكل نقدي
evaluate information	يقيّم المعلومات	support an argument	يدعم حجة
give evidence	يقدم دليلًا	justify your position	يبرر موقفك
present a balanced view	يقدم وجهة نظر متوازنة	influence behavior	يؤثر في السلوك
make a choice	يتخذ قرارًا	live like this	يعيش بهذه الطريقة

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Synonyms & Antonyms

Word	Meaning	Synonyms	Antonyms
reshape	يعيد تشكيل	transform, change, modify, alter	preserve, maintain, retain
significant	مهم / ملحوظ	important, considerable, notable, meaningful	insignificant, minor, unimportant
sensitive	حساس	vulnerable, delicate, susceptible, responsive	insensitive, tough, unaffected
biased	متحيز	unfair, prejudiced, partial, one-sided	neutral, fair, impartial, unbiased
selective	انتقائي	chosen, limited, careful, discriminating	complete, inclusive, indiscriminate
accurate	دقيق / صحيح	correct, precise, exact, reliable	inaccurate, incorrect, wrong, imprecise
convincing	مقنع	persuasive, believable, compelling, credible	unconvincing, unbelievable, weak, doubtful
obvious	واضح	clear, evident, apparent, noticeable	unclear, hidden, obscure, ambiguous
distant	بعيد	remote, faraway, far-off, removed	close, near, nearby, adjacent
dangerous	خطير	risky, harmful, unsafe, hazardous	safe, harmless, secure, protected
traditional	تقليدي	conventional, customary, usual, established	modern, unconventional, innovative, new
constructed	مُشكَّل / مُصطنَع	created, designed, formed, built	natural, spontaneous, genuine
complete	كامل	whole, entire, full, total	incomplete, partial, limited
neutral	محايد	impartial, unbiased, objective, fair	biased, partial, prejudiced
natural	طبيعي	normal, genuine, spontaneous, authentic	artificial, unnatural, constructed
psychological	نفسي	mental, emotional, cognitive, behavioral	physical, bodily

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Word	Meaning	Synonyms	Antonyms
powerful	قوي / مؤثر	strong, influential, effective, forceful	weak, powerless, ineffective
perfect	مثالي / كامل	ideal, flawless, excellent, impeccable	imperfect, flawed, defective
real	حقيقي	genuine, actual, authentic, true	fake, artificial, false
persuasive	مقنع	convincing, compelling, influential, effective	unconvincing, weak, ineffective
objective	موضوعي	impartial, unbiased, factual, neutral	subjective, biased, personal
balanced	متوازن	fair, impartial, objective, even-handed	biased, unfair, one-sided
unrealistic	غير واقعي	impractical, unreasonable, impossible, idealized	realistic, practical, reasonable
excessive	مفرط	extreme, unreasonable, too much, overdone	moderate, limited, reasonable

Exam Builder

⭐ Must-Memorize Words

Word	Meaning	Word	Meaning
self-image	الصورة الذاتية	self-esteem	تقدير الذات
social comparison	المقارنة الاجتماعية	curated	منتقى بعناية
biased	متحيز	neutral	محايد
selective	انتقائي	constructed	مُشكَّل / مُصطنَع
influencer	مؤثر	acquaintance	معرفة سطحية
media literacy	الثقافة الإعلامية	highlight reel	أبرز اللحظات المنتقاة
reshape	يعيد تشكيل	accurate	دقيق
convincing	مقنع	significant	مهم / ملحوظ
rhetorical	بلاغي	intensifier	أداة تقوية

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Word	Meaning	Word	Meaning
hedging	التحفظ في التعبير	absolute	مطلق
persuasive	مقنع / مؤثر	objective	موضوعي
balanced	متوازن	unrealistic	غير واقعي
critical evaluation	تقييم نقدي	evidence	دليل

Listening Text

Over the past decade, social media platforms have transformed from simple communication tools into carefully chosen stages where individuals perform carefully constructed versions of their lives. **For teenagers**, who are at a particularly sensitive stage of identity formation, this change carries **significant** psychological results. Research published by the American Psychological Association in 2023 found that teenagers who spent more than three hours daily on image-based platforms such as Instagram and TikTok were twice as likely to report symptoms of low self-esteem and body dissatisfaction compared to those who used social media for less than one hour per day.

What makes social media especially powerful and especially dangerous is the mechanism of social comparison. Unlike traditional media, where the gap between ordinary people and **celebrities** is obvious, social media has hidden this gap completely. Teenagers are now comparing themselves not only to distant celebrities, but to classmates, acquaintances, and influencers who present their lives as easily perfect.

Psychologists use the **highlight-reel effect** to describe this phenomenon. What appears online is a **selective**, filtered, and strategically timed part of reality, yet **viewers instinctively treat it as a complete and accurate picture.**

EXERCICE ON PART 1

Choose the correct answer:

1. Teenagers may develop unrealistic expectations when they constantly compare their everyday lives with the _____ images presented by influencers online.
   A) temporary B) ordinary C) selective D) accidental
2. Social media can become psychologically harmful when users begin to treat carefully edited posts as an _____ picture of other people's lives.
   A) distorted B) imaginary C) accurate D) superficial
3. Unlike traditional media, social media can make the difference between ordinary users and famous people seem less _____.
   A) measurable B) distant C) visible D) permanent
4. Teenagers may become particularly _____ to negative comparisons when they repeatedly encounter idealized images of others online.
   A) careless B) independent C) resistant D) sensitive

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5. Although the photograph appeared natural, every detail had been carefully _____ to create a particular impression.
   A) preserved B) constructed C) discovered D) ignored
6. A carefully selected part of someone's life should not automatically be treated as a _____ picture of reality.
   A) universal B) complete C) permanent D) selective
7. Constant exposure to _____ expectations can make ordinary experiences appear less satisfying than they actually are.
   A) unrealistic B) practical C) reasonable D) achievable
8. Because the information had been presented in a _____ way, readers could not easily form a fair judgment.
   A) factual B) transparent C) biased D) straightforward
9. People who constantly compare themselves with others may gradually develop _____ about their own achievements.
   A) satisfaction B) dissatisfaction C) admiration D) enthusiasm
10. Before accepting an attractive online claim, users should _____ the reliability of the information presented to them.
   A) circulate B) repeat C) memorize D) evaluate
11. The advertisement was highly _____ and managed to make many viewers accept its message without questioning it.
   A) ordinary B) persuasive C) accidental D) confusing
12. An online profile may present only a _____ view of a person's experiences because difficult moments are often excluded.
   A) exhaustive B) comprehensive C) permanent D) selective
13. The journalist refused to describe the photograph as an _____ representation because several important details had been removed.
   A) dramatic B) decorative C) accurate D) imaginary
14. When teenagers repeatedly see others appearing successful and happy, they may _____ that everyone else is living a better life.
   A) investigate B) reject C) assume D) verify
15. Carefully edited photographs may create _____ expectations about appearance and success.
   A) modest B) flexible C) attainable D) unrealistic
16. Users should think critically about the _____ of online information before accepting it as reality.
   A) content B) length C) appearance D) decoration
17. Excessive social comparison may _____ a person's confidence, especially when they focus only on their weaknesses.
   A) improve B) protect C) affect D) guarantee
18. Carefully selected photographs can __ the way people see themselves and others.
   A) replace B) influence C) measure D) prevent
19. A responsible user should make a critical _____ rather than accepting every attractive online image as reality.
   A) assumption B) celebration C) judgment D) prediction

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20. The speaker's argument was supported by evidence rather than by _____ language designed to favor one side.
A) mathematical B) technical C) biased D) scientific

21. Influencers may _____ their lives in a carefully selected way in order to attract their audience.
A) simplify B) abandon C) hide D) present

22. If viewers fail to recognize that online content is highly edited, they may form an _____ perception of reality.
A) reasonable B) unrealistic C) balanced D) accurate

23. The growing influence of social platforms can _____ the way young people see themselves.
A) reshape B) separate C) interrupt D) freeze

24. The writer argues that _____ evaluation is necessary before accepting online information as completely reliable.
A) careless B) emotional C) immediate D) critical

25. Rather than accepting every online post at face value, users should _____ the information presented to them.
A) spread B) evaluate C) ignore D) copy

26. A teenager's self-esteem may be negatively _____ by constant comparison with carefully selected online images.
A) rewarded B) strengthened C) protected D) affected

27. Some online content may be carefully_____ to create a particular impression of someone's life.
A) misplaced B) constructed C) destroyed D) forgotten

28. A balanced view requires people to recognize that an apparently perfect life may simply be a _____ version of reality.
A) curated B) uncontrolled C) spontaneous D) accidental

29. The more frequently teenagers compare themselves with unrealistic online images, the greater the risk of developing _____ feelings about their own lives.
A) grateful B) optimistic C) negative D) cheerful

30. Critical thinking helps users distinguish between a genuinely _____ experience and one that has been carefully constructed for an audience.
A) artificial B) exaggerated C) imaginary D) natural

🕮 Reading Comprehension

The Pressure to Appear Perfect Online

In the digital age, social media has become more than a way of communicating. For many teenagers, it has become a public space where identity is constantly displayed, evaluated, and sometimes carefully redesigned. A photograph, a short video, or a personal achievement can receive immediate reactions from hundreds of people. As a result, some teenagers may begin to judge their own value according to the attention they receive online.

One major problem is that social media rarely presents a complete picture of reality. Users tend to select moments that make their lives appear successful, exciting, or attractive, while ordinary difficulties are often left unseen. This selective presentation can create unrealistic

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expectations among viewers, especially those who are already sensitive to the opinions of others. A teenager who repeatedly sees apparently perfect lives may instinctively compare them with their own everyday experiences and conclude that they are falling behind.

However, the problem is not necessarily social media itself. The greater danger may come from accepting online content without questioning how it was created or why it was posted. An image may be carefully edited, a statement may be deliberately exaggerated, and an apparently personal opinion may actually be designed to influence an audience. Without media literacy, viewers may treat these constructed messages as complete and accurate representations of reality.

For this reason, critical evaluation is essential. Teenagers need to recognize the difference between an authentic experience and a carefully constructed presentation. They should also understand that popularity, appearance, and online approval are not reliable measures of personal worth. Developing a balanced attitude toward social media can help young people use digital platforms without allowing them to reshape their entire self-image.

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A. Answer the following questions:

1. How can receiving a lot of attention online affect the way some teenagers judge themselves?

……

2. Why might teenagers feel that their own lives are less successful after viewing other people's posts?

……

3. Why does the writer say that users should question how online content is created?

……

4. How can teenagers use social media without allowing it to negatively affect their self-image?

……

B. Choose the correct answer:

5. The first paragraph suggests that online reactions may become harmful when teenagers _____.

A) use social media mainly to communicate with friends
B) consider the attention they receive a measure of their personal value
C) share photographs and achievements with other people
D) receive reactions from a large number of users

6. Why can carefully selected posts give teenagers an unfair impression of their own lives?

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A) They usually contain information that is completely false.
B) They prevent teenagers from communicating with other people.
C) They show positive experiences while hiding many ordinary difficulties.
D) They are mainly produced by professional media organizations.

7. Which of the following best shows the kind of media literacy encouraged by the writer?

A) Believing a popular post because thousands of people have liked it.
B) Comparing your achievements with those of successful influencers.
C) Accepting an attractive photograph as a complete picture of someone's life.
D) Considering why a post was created before deciding whether to believe it.

8. What does the final paragraph imply about social media?

A) It is harmful in every situation and should be avoided.
B) It can be used positively when people maintain a critical and balanced attitude.
C) It is the most reliable way to measure a person's popularity.
D) It should be used mainly to create a more attractive self-image.

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Translation

A) Translate into English

١. أصبح الحفاظ على البيئة مسؤولية مشتركة بين الأفراد والحكومات، ولذلك يجب علينا تقليل استخدام البلاستيك، وترشيد استهلاك المياه والطاقة، وتشجيع وسائل النقل الصديقة للبيئة من أجل حماية الموارد الطبيعية وضمان مستقبل أفضل للأجيال القادمة.

.....
.....

٢. تلعب القراءة دورًا مهمًا في تطوير شخصية الإنسان؛ فهي لا تزيد المعرفة فقط، بل تساعد أيضًا على تحسين التفكير النقدي، وتوسيع الخيال، وفهم وجهات النظر المختلفة، ولذلك ينبغي أن يخصص الطلاب وقتًا منتظمًا للقراءة خارج المناهج الدراسية.

.....
.....

B) Translate into Arabic

3. Modern technology has changed the way people work, study, and communicate. However, depending too heavily on digital devices may reduce direct human interaction and affect people's ability to concentrate. Therefore, technology should be used wisely without allowing it to control our daily lives.

.....

4. Learning a foreign language is not simply a matter of memorizing vocabulary and grammatical rules. It also requires students to understand different cultures, communicate confidently, and use language in real-life situations. Regular practice and patience are essential for achieving noticeable progress.

.....

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1.2 Exploring Modern Lifestyles

Key & Important Vocabulary

Word	Meaning	Word	Meaning	Word	Meaning
well-being	الرفاهية / الصحة والسعادة	**sedentary**	قليل الحركة / خامل	**mindfulness**	اليقظة الذهنية
nutritionist	خبير تغذية	**underestimated**	مُقلّل من أهميته / مقدَّر بأقل من قيمته	**measurable**	قابل للقياس
processed food	طعام مُصنَّع / مُعالَج	**physical activity**	النشاط البدني	**concentration**	التركيز
recovery	التعافي / الاستشفاء	**resilience**	القدرة على التحمّل والتعافي	**consumption**	الاستهلاك
identity	الهوية	**anxiety**	القلق	**emotional control**	التحكم العاطفي
boost	يعزّز / يزيد	release	يفرز / يطلق	fatigue	الإرهاق

Most Important Definitions

Word	Meaning	Definition
well-being	الرفاهية / الصحة والسعادة	a state of being comfortable, healthy, and happy
sedentary	قليل الحركة	involving little physical movement
mindfulness	اليقظة الذهنية	paying deliberate attention to the present moment
nutritionist	خبير تغذية	a health expert who gives advice about healthy eating
processed food	الطعام المُصنَّع	food that has been changed from its natural state
resilience	القدرة على التحمّل	the ability to cope with difficulties and recover from them
measurable	قابل للقياس	able to be measured, counted, or observed
underestimated	مُقلّل من أهميته	considered less important or valuable than it really is

Collocations

Expression	Meaning	Expression	Meaning
healthy lifestyle	أسلوب حياة صحي	physical activity	النشاط البدني
mental health	الصحة النفسية	balanced diet	نظام غذائي متوازن

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Expression	Meaning	Expression	Meaning
well-being	الرفاهية والصحة العامة	processed foods	الأطعمة المُصنَّعة
sleep quality	جودة النوم	social connection	التواصل الاجتماعي
reduce stress	يقلل التوتر	boost mood	يحسن الحالة المزاجية
build resilience	يبني القدرة على التحمّل	improve concentration	يحسن التركيز

⚠ Confusing Words

Word	Meaning	Confused With	Meaning
well-being	الرفاهية / الصحة والسعادة	wellness	العافية / الحالة الصحية الجيدة
exercise	ممارسة التمارين	physical activity	أي نشاط بدني
consumption	استهلاك	nutrition	التغذية
mindfulness	اليقظة الذهنية	meditation	التأمل
recovery	التعافي	rest	الراحة
anxiety	القلق	stress	التوتر / الضغط النفسي

Language Notes

Word / Expression	Meaning	Note
exercise	التمارين الرياضية	**Exercise** usually refers to planned physical activity for improving fitness.
physical activity	النشاط البدني	A broader term that includes walking, cycling, swimming, and exercise.
well-being	الرفاهية	It includes physical, mental, and emotional health, not just physical health.
mindfulness	اليقظة الذهنية	It means deliberately paying attention to the present moment.
processed food	الطعام المُصنَّع	Food changed from its natural state, often by adding ingredients or preservatives.
underestimate	يقلل من أهمية شيء	**underestimate** = think something is less important, valuable, or difficult than it really is.

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Exercise جزء من **physical activity**، لكن **physical activity** أوسع وتشمل أي حركة للجسم.

Well-being لا تعني الصحة الجسدية فقط، بل تشمل الصحة النفسية والعاطفية أيضًا.

Mindfulness تعني التركيز الواعي على اللحظة الحالية، بينما **meditation** نوع من الممارسات التي قد تساعد على تحقيق mindfulness.

🗣️ Daily Life Expressions

Expression	Meaning	Expression	Meaning
take care of your health	يعتني بصحته	live a healthy lifestyle	يعيش أسلوب حياة صحي
get enough sleep	يحصل على قدر كافٍ من النوم	stay physically active	يظل نشيطًا بدنيًا
reduce stress	يقلل التوتر	spend quality time	يقضي وقتًا مفيدًا / ذا جودة
take a break from screens	يأخذ استراحة من الشاشات	build healthy habits	يبني عادات صحية

🔄 Synonyms & Antonyms

Word	Meaning	Synonyms	Antonyms
well-being	الرفاهية / الصحة والسعادة	wellness, welfare	illness, discomfort
sedentary	قليل الحركة	inactive, idle	active, energetic
boost	يعزز / يزيد	increase, improve, enhance	reduce, decrease
reduce	يقلل	decrease, lessen, lower	increase, raise
regularly	بانتظام	frequently, consistently	irregularly, occasionally
balanced	متوازن	stable, well-proportioned	unbalanced, uneven
mindful	واعٍ / منتبه	aware, attentive, conscious	careless, unaware
measurable	قابل للقياس	quantifiable, observable	immeasurable
processed	مُصنَّع / مُعالَج	treated, manufactured	natural, unprocessed

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Word	Meaning	Synonyms	Antonyms
underestimated	مُقلَّل من أهميته	undervalued, underrated	overestimated, overvalued
resilience	القدرة على التحمّل	strength, endurance	weakness, vulnerability
concentration	التركيز	attention, focus	distraction

Exam Builder

Word	Meaning	Word	Meaning
well-being	الرفاهية / الصحة والسعادة	**sedentary**	قليل الحركة
mindfulness	اليقظة الذهنية	**nutritionist**	خبير تغذية
processed food	طعام مُصنَّع	**underestimated**	مُقلّل من أهميته
measurable	قابل للقياس	**resilience**	القدرة على التحمّل
consumption	الاستهلاك	**recovery**	التعافي
boost	يعزز	**fatigue**	الإرهاق
concentration	التركيز	**anxiety**	القلق
physical activity	النشاط البدني	**balanced diet**	نظام غذائي متوازن
social connection	التواصل الاجتماعي	**emotional control**	التحكم العاطفي
identity	الهوية	**agency**	القدرة على اتخاذ القرارات

Reading Texts

Modern Lifestyles

What it means to be part of modern life

Modern life moves faster than ever. Technology saves us time, yet we fill that time with more tasks, screens, and pressure. How we choose to live – our daily habits, our diet, and our sleep – shapes not only our physical health, but also our identity and sense of self.

Habits for a Healthy Lifestyle

1. Exercise and Physical Activity

Health experts regularly recommend that teenagers do at least 60 minutes of moderate-to-hard physical activity every day. This doesn't necessarily mean competitive sport. Activities such as cycling to school, swimming, or even a brisk walk, all count towards the daily target. What makes exercise particularly powerful is its effect on the brain: physical activity causes the release of endorphins, chemicals that reduce feelings of stress and anxiety at the same time as boosting mood and self-confidence.

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Furthermore, teenagers who exercise regularly tend to sleep more deeply and report higher levels of concentration during school hours. Despite these well-documented benefits, a landmark WHO-led study found that more than 80% of teenagers worldwide fail to meet the recommended daily activity levels, largely due to **sedentary** screen-based habits.

2. Nutrition, Sleep, and Recovery

A balanced diet is widely seen as the foundation of physical and mental **well-being**. **Nutritionists** advise that teenagers consume a varied range of fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting their intake of **processed foods**, too much sugar, and high-caffeine drinks. Poor nutrition has been directly linked to fatigue, difficulty concentrating, and mood changes, all of which affect academic performance.

Sleep is equally important, but it is often **underestimated**. Teenagers require from eight to ten hours of sleep per night to support brain development, emotional control, and physical recovery. Research published in the journal *Sleep Medicine* found that teenagers who slept fewer than seven hours per night were more likely to report symptoms of anxiety and depression. Setting up a regular bedtime routine, such as avoiding screens for one hour before sleeping, has been shown to improve sleep quality.

3. Mindfulness, Social Connection, and Mindful Consumption

In recent years, **mindfulness** has moved from specialist wellness programs into common education. Mindfulness involves paying deliberate attention to the present moment, and can take many forms: meditation, slow breathing exercises, yoga, or simply sitting quietly without a device. Studies suggest that even ten minutes of daily mindfulness practice leads to **measurable** reductions in stress hormones over a period of four to six weeks.

Alongside mindfulness, social connection plays a very important role in emotional health. Spending quality time with friends and family — face to face rather than through screens — has been shown to reduce loneliness and build the emotional resilience needed to cope with life's pressures. Finally, many psychologists advise us to be conscious not only of what we eat, but also of the media, products, and information we absorb daily.

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Vocabulary Exam Builder – 30 MCQs

Choose the correct answer:

1. After losing his job, Karim did not give up. He learned a new skill and started looking for other opportunities. His ability to recover from difficulties shows great _____.
A) fatigue B) resilience C) consumption D) concentration

2. The old factory has been empty for years, and very little happens there. It is a rather _____ place.
A) measurable B) mindful C) balanced D) inactive

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3. Before answering the difficult question, Salma stopped, took a deep breath, and focused carefully on what she was thinking and feeling at that moment. She was practicing ___.
A) recovery B) consumption C) fatigue D) mindfulness

4. The manager asked the accountant to provide figures that could be clearly compared from one year to another. He wanted _____ results.
A) measurable B) processed C) sedentary D) emotional

5. The price of the painting was far higher than most people had expected because its historical value had been seriously _____.
A) recovered B) measured C) underestimated D) consumed

6. After carrying the heavy boxes upstairs several times, the workers needed a short break because of extreme _____.
A) resilience B) mindfulness C) identity D) fatigue

7. The doctor explained that the medicine might take several days to help the patient's body return to its normal condition. This period is called _____.
A) recovery B) concentration C) consumption D) anxiety

8. Lina carefully planned her monthly spending because she wanted to reduce unnecessary _____.
A) resilience B) concentration C) recovery D) consumption

9. The museum created a special program to _____ young people's interest in science.
A) process B) boost C) underestimate D) recover

10. Omar could not finish the puzzle because the constant noise around him affected his _____.
A) consumption B) resilience C) concentration D) recovery

11. A person who advises customers about healthy eating and suitable diets is a _____.
A) nutritionist B) architect C) journalist D) mechanic

12. The company introduced a system that allows employees to work from home two days a week. Many workers said it improved their overall _____.
A) fatigue B) well-being C) consumption D) anxiety

13. Which situation best describes **mindfulness**?
A) Planning tomorrow while ignoring the present
B) Doing several activities at the same time
C) Giving complete attention to what you are doing now
D) Repeating an action without thinking about it

14. The amount of water used by each household can be recorded and compared. Therefore, water _____ can be monitored accurately.
A) consumption B) resilience C) mindfulness D) recovery

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15. The coach told the players not to panic after making mistakes because successful teams need the _____ to learn and continue.
A) processed food B) fatigue C) consumption D) resilience

16. Ahmed thought repairing the old bicycle would be impossible, but his friend helped him. Ahmed had _____ the difficulty of the repair.
A) boosted B) measured C) recovered D) underestimated

17. The laboratory needed a way to determine exactly how much pollution was in the river. The level had to be _____.
A) sedentary B) measurable C) mindful D) emotional

18. Which of the following is the best example of **processed food**?
A) A freshly picked orange B) A homemade vegetable salad
C) Freshly washed grapes D) A packaged snack containing added preservatives

19. The long journey left the passengers feeling tired and unable to think clearly. Their main problem was _____.
A) resilience B) fatigue C) mindfulness D) consumption

20. After the accident, the company spent months rebuilding its damaged offices before everything returned to normal. This period was part of the company's _____.
A) concentration B) nutrition C) consumption D) recovery

21. The charity's main goal is to improve the _____ of families by providing safe housing and better opportunities.
A) concentration B) well-being C) processed food D) sedentary behaviour

22. Which person is most clearly showing **resilience**?
A) Someone who avoids every difficult situation
B) Someone who refuses to learn from mistakes
C) Someone who faces setbacks and keeps working toward a solution
D) Someone who becomes discouraged by every small problem

23. The teacher noticed that Hany understood the lesson but kept looking at his phone. His lack of _____ prevented him from completing the task.
A) concentration B) recovery C) consumption D) resilience

24. The restaurant changed its menu after a _____ explained how customers could make healthier food choices.
A) athlete B) engineer C) photographer D) nutritionist

25. The historian said that the importance of the ancient discovery had been _____ for decades. New evidence showed that it was much more valuable than people had believed.
A) boosted B) underestimated C) consumed D) measured

26. Which sentence expresses the idea of **well-being** most accurately?
A) The student's well-being includes his physical, mental, and emotional condition.

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B) The student's well-being is the number of books in his bag.
C) The student's well-being tells us how quickly he can run.
D) The student's well-being is measured only by his exam marks.

27. The engineer wanted to know whether the new machine was actually saving electricity, so she recorded its energy use every day. Her results were _____.
A) resilient B) sedentary C) measurable D) mindful

28. Mariam stopped scrolling through her phone during lunch and paid attention to the people sitting with her. This change shows greater _____.
A) fatigue B) recovery C) consumption D) mindfulness

29. The factory produces ready-to-eat meals that contain added salt, preservatives, and artificial ingredients. These meals are examples of _____.
A) physical activity B) processed food C) natural products D) whole food

30. After months of disagreement, the two friends finally solved their problem and returned to their normal relationship. Their friendship had begun to _____.
A) measure B) boost C) underestimate D) recover

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Reading Comprehension

The Value of a Balanced Digital Life

For many teenagers, technology has become an essential part of everyday life. Smartphones help them communicate, study, find information, and entertain themselves. However, spending too much time online can gradually change the way they use their time and interact with others. A teenager who spends hours scrolling through social media may have less time for sleep, exercise, family conversations, or face-to-face friendships.

The problem is not technology itself, but the way it is used. A student who uses a phone to watch an educational video and then puts it away is using technology differently from someone who checks notifications every few minutes while studying. The second habit can make concentration more difficult and may create a constant feeling of distraction.

A balanced digital life does not mean avoiding technology completely. Instead, it means making conscious choices about when and why to use it. Setting limits on screen time, turning off unnecessary notifications, and protecting time for sleep and real-life relationships can help teenagers use technology without allowing it to control their routines.

Ultimately, technology should be a useful tool rather than something that determines how people spend every moment of their day.

A) Answer the following questions:

1. Explain. Why does the writer believe that technology itself is not the main problem for teenagers?

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.....

2. Analyze.How can constantly checking notifications affect a student's ability to study effectively?

.....

3. Analyze. What does the writer mean by saying that a balanced digital life does not require teenagers to “avoid technology completely”?

.....

4. Evaluate. Do you think setting limits on technology use is more effective than completely avoiding social media? Give reasons to support your opinion.

.....

B) Choose the correct answer:

5.The comparison between the two students in the second paragraph mainly shows that:

a) technology is more useful for education than entertainment.
b) the purpose and manner of using technology can affect its impact.
c) students should never use phones while studying.
d) educational videos are the best way to learn.

6.The phrase “a constant feeling of distraction” suggests that excessive notifications may:

a) encourage students to communicate more effectively.
b) make students more interested in their lessons.
c) prevent students from maintaining their attention.
d) help students organize their study time.

7.Which of the following would BEST represent the writer's idea of a balanced digital life?

a) Using a smartphone whenever a person feels bored.

b) Refusing to use social media under any circumstances.
c) Using technology deliberately while protecting time for other activities.
d) Spending most of the day online but avoiding notifications.

8.The writer's final sentence implies that people should:

a) allow technology to organize their daily routines.
b) consider technology a helpful means rather than a controlling force.
c) replace real-life relationships with digital communication.
d) spend less time studying and more time using technology.

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Translation

A) Translate into English

1.أصبحت القراءة عادة مهمة في حياة كثير من الطلاب؛ لأنها تساعدهم على توسيع معارفهم، وفهم العالم من حولهم، والتعبير عن أفكارهم بوضوح. ومع ذلك، يحتاج الطالب إلى اختيار الكتب التي تناسب اهتماماته ومستواه.

.....

.....

2.يؤدي العمل الجماعي دورًا مهمًا في نجاح المشروعات المدرسية. فعندما يتعاون الطلاب، يستطيع كل منهم تقديم أفكار مختلفة، وحل المشكلات بصورة أفضل، وتحمل المسؤولية عن الجزء الذي يقوم به.

.....

.....

B) Translate into Arabic

3.Learning a new skill requires patience and regular practice. Students should not become discouraged when they make mistakes, because mistakes can help them understand their weaknesses and improve their performance.

.....

.....

4.Public parks provide people with valuable spaces for relaxation, exercise, and social activities. Keeping these places clean is a shared responsibility that can make communities healthier and more enjoyable for everyone.

.....

.....

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PARTICIPIAL PHRASES & RELATIVE CLAUSES

عبارات الـ Participle والجمل الموصولة

1. THE FOUR FORMS OF THE VERB الأشكال الأربعة للفعل

English verbs can change into four main forms.

يمكن أن يأتي الفعل في اللغة الإنجليزية في أربع صور أساسية.

Form	Name	Example: EAT	المعنى
V1	Base Form	eat	الصورة الأساسية
V2	Past Form	ate	الماضي
V3	Past Participle	eaten	التصريف الثالث
V4	Present Participle / -ing Form	eating	صيغة -ing

في بعض المصادر ستجد أن الأفعال لها **خمس صور** ، حيث يتم فصل **Present Form** عن **Base Form** لأنهما متشابهان في معظم الحالات.

Examples

WRITE

V1: **write** V2: **wrote** V3: **written** V4: **writing**

GO

V1: **go** V2: **went** V3: **gone** V4: **going**

⋆ Important

في هذا الدرس أهم شكلين هما:

V3 → Past Participle (p.p)

V4 → Present Participle (V+ ING+)

لأننا سنستخدمهما في تكوين **Participial Phrases**.

2. WHAT IS A PARTICIPLE?

ما هو الـ Participle ؟

A participle is a form of a verb that can be used to give more information about a noun.

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الـ Participle هو صورة من صور الفعل يمكن استخدامها لإعطاء معلومات إضافية عن اسم.

في هذا الدرس سنركز على:

Present Participle → V-ing

Past Participle → V3

3. WHAT IS A PARTICIPIAL PHRASE?

ما هي الـ Participial Phrase ؟

A participial phrase begins with a participle and adds detail to the main clause.

تبدأ الـ **Participial Phrase** بـ Participle ، وتضيف تفاصيل ومعلومات إلى الجملة الرئيسية.

وهي تساعدنا على:

pack more information into a single sentence without losing clarity.

وضع معلومات أكثر في جملة واحدة دون فقدان الوضوح.

4. PRESENT PARTICIPLE

الـ Present Participle

The Present Participle is the -ing form of a verb.

الـ **Present Participle** هو صيغة الفعل المنتهية بـ **-ing**.

Form: V-ing

Examples: eat → **eating** study → **studying** exercise → **exercising**

5. PRESENT PARTICIPLE WITH ACTIVE MEANING

الـ Present Participle ومعنى المعلوم

Present participles generally have an active meaning.

غالبًا ما يحمل الـ **Present Participle** معنى المعلوم؛ أي أن **الاسم هو الذي يقوم بالفعل**.

Example: Original Relative Clause:

The man **who is standing on the bridge** is my teacher.

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امسح الباركود بالموبيل لتثبيت التطبيق وتحميل كل الملازم مجانا وبسرعه

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